

11
FAVOURITE
RECIPES
FREE!

ALEXIS ADJEI'S

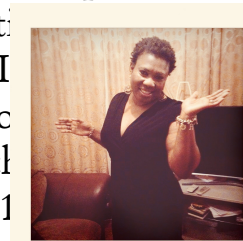
Delicious, Feel good, Fresh & Easy
Recipes



Personal Note

Thank you for your patience with this free recipe e-book, as some of you may or may not know I had family bereavement in January, someone very dear to my heart passed away shortly before the first e-book could be released

She was my Auntie Lola, bubbly, FULL of life and the "head chef" when I was still living at home. She taught me how to make and perfect all the traditions, she was a great cook and I learned a lot from her. She gave me the love and support I needed in life, in the kitchen, in the home, in the community. She was one of my biggest cheerleaders.



Forever in our hearts

Photo Credit: Shanice Prempeh

Although my aunt battled with Colon Cancer (caused by the types of food you eat) it didn't stop her faith in God. The time of her passing caused me to really reflect on my life, my choices and my purpose. With that said, I bring you a better version of me and better version of

Acknowledgements

Dear God,

Thank you for providing me with the strength to complete this recipe book and for the creative culinary skills you've blessed me with to help bring joy and blessings to people around the world.

Dear Team,

Thank you to my amazing mum for supporting my dreams from the very beginning, I practically live in your kitchen! A special thank you to my darling and supportive husband David for helping with content creating and expanding my visual direction. Thank you Pom and Shanice, for being the best assistants to a 24-hour hungry foodie and passionate cook. I love you all!



Thank you so much for signing up for my first ever recipe book. It's not much, however, here are some of my best kept recipes and I am finally sharing them with you all. 3

All photos on this E-Book are copyrighted material and all rights are reserved.

Alexis Adjei ©2018

This is my gift to you to say thank you for supporting me and believing in me. For years, many of you have encouraged me to open restaurants, start a food channel, launch products and write recipe books slowly but surely I pray they're all manifested.

Hopefully there will be more to come in the future but for now, please enjoy eleven of my best feel-good recipes. Cook them for your friends, try them with your children and share with family.

With all my love,



Sweet Sirloin Steak Brussels Sprout Salad

served with ribboned carrots, juicy

SERVES [2] plum tomatoes, topped with

PREP TIME: 10 MINS walnuts and pomegranate

COOKING TIME: 8 vinaigrette.

INGREDIENTS METHOD

SALAD

CARROTS

BRUSSELS

SPROUTS

PLUM

TOMATOES

WALNUTS

POMEGRANATE

DRESSING

2 TBSP OLIVE

OIL

STEAK

2 SIRLOIN

STEAK

6 TBSP

OYSTER

SAUCE

2 TBSP SOY

SAUCE

5 TBSP HONEY

1/2 TSP BLACK

On a chopping board, first tenderise the meat by lightly beating the steak with a meat tenderizer or a rolling pin.

In a bowl, add the sirloin steak and marinate with the oyster sauce, soy sauce, honey, black pepper, garlic powder, and paprika. With your hands, work in the condiments till meat is fully covered. Set aside for 10-15 minutes as you prepare the salad.

With a sharp knife, slice the sprouts and plum tomatoes.





Photo Credit: Alexis
Adjai



Recipe on
pg. 24



Brown Buttered Honey & Garlic Salmon

SERVES [4]

PREP TIME: 10
MINS

COOKING TIME:
10 MINS

4 SALMON FILLETS
10G MINCED BUTTER
4 TBSP HONEY
SPRINKLE SPRING
ONIONS
10G GINGER
3 GARLIC CLOVES
PINCH SALT N
PEPPER
PINCH PAPRIKA
2 TSP OYSTER
SAUCE
PINCH F. SPICE

METHOD

Begin by scoring the skin of the salmon and rub down the fillets with half a lemon.

Season with salt and black pepper to taste, then set aside.

Grate ginger and add minced garlic into a bowl. Then in a large frying pan, add in the

Lollipop Corn

With an avocado dressing

SERVES [4]

PREP TIME: 5
MINS

COOKING TIME: 15

SWEET CORN

COBETTES

1 RIPE

AVOCADO

1/2 LEMON

BLACK PEPPER

1/2 TSP

HIMALAYAN

SALT

2 TBSP

MAYONNAISE

WATER

FRESH

PARSLEY

GARLIC

GRANULES

1 TSP OLIVE

OIL

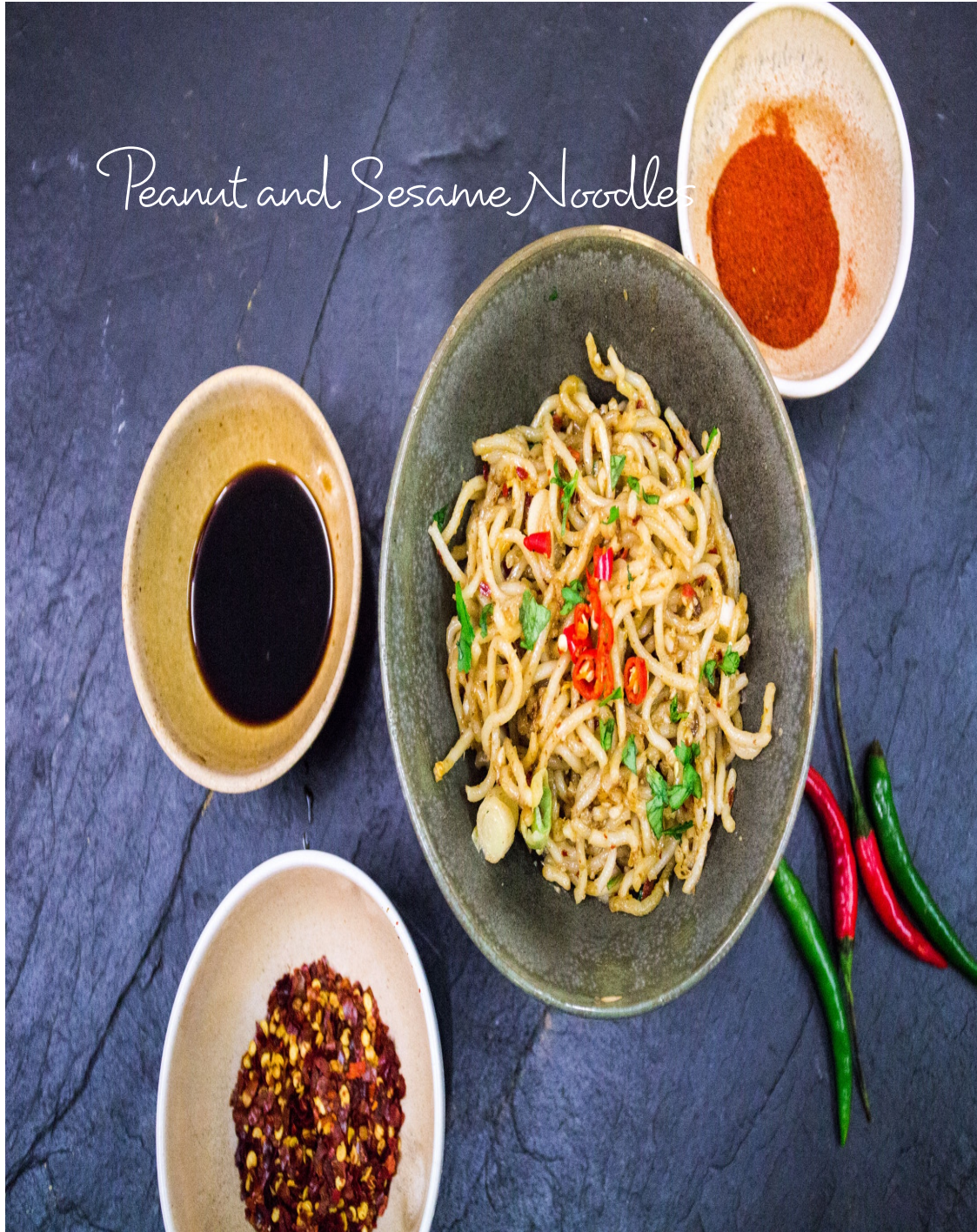
METHOD

In a pot add 2-3 cups of water and add in the cobettes. Leave to boil for 15 minutes.

Take a blender and add in avocado, black pepper, Himalayan salt, mayonnaise, chopped fresh parsley, a pinch of garlic granules, olive oil, 1/4 cup of water and blend until you have a smooth creamy dressing.

Serve over the cooked cobettes, garnish with black pepper and freshly chopped parsley.

Peanut and Sesame Noodles



Sticky Maple Baby

Pork Ribs



Photo Credit: Alexis Adjei

METHOD

Preheat oven to gas mark 6 or fan over 250 w/ grill.

To create the maple rib marinade, in a small mixing bowl, add the Maggi cubes, garlic powder, dry mixed herbs, black pepper, cayenne pepper, paprika, and Chinese 5 spice. Mix together so that all the herbs and spices are infused together.

Then add the maple syrup, BBQ sauce, and sesame seed oil into the bowl and mix till all parts together until it becomes a thick liquid marinade.

16 Place ribs into a baking tray lined with foil paper and pour the marinade over the ribs. Depending on your urgency to eat these, you can pop them in the oven to bake straight away or you can set them aside to marinate for 10-15 minutes, overnight or for a few days in the fridge.

Once marinated to your desire, bake in the oven for 45 minutes, if you would like the ribs to be super tender with the meat falling off the bone, you will have to lower the heat and cook slowly, with the baking tray covered over with foil for 12-24 hours!

Ready? Serve with sweet potato fries and some corn on the cob.

SERVES [4]

PREP TIME: 10 MINS

COOKING TIME: 45 MINS

700G BABY BACK RIBS

1 1/2 MAGGI STOCK CUBES

1/4 TSP GARLIC POWDER

1/2 TSP DRY MIXED HERBS

1/4 TSP BLACK PEPPER

1/4 TSP CAYENNE PEPPER

1/2 TSP PAPRIKA

2 TBSP BBQ SAUCE

1/2 CUP MAPLE SYRUP

1 TSP CHINESE 5 SPICE

1 TBSP SESAME SEED OIL



Photo Credit:
Alexis Adjei

Pecking Duck Watermelon & Pomegranate Salad

with cucumber and grilled broccoli and asparagus,
drizzled with pecking duck sauce



Photo Credit:
Alexis Adjai

METHOD

Preheat oven to gas mark 7 or fan over 250 w/ grill.

Rinse duck legs and rub with half a lemon. In a mixing bowl, add all the duck seasonings and mix together till you get a thick marinade.

Pour the marinade onto the duck legs, and using a pastry brush to spread any excess over the duck. Place duck into a deep oven dish, a deep dish helps to retain excess marinade (stock).

Place the marinated duck legs into the oven for 25 minutes, cooking equally on each side until the skin is browned. Whilst the duck cooks in the oven, on a medium to high heat, add sesame oil to a grill pan, sprinkle in salt & pepper and toss asparagus and broccoli for 5 minutes, then set aside to cool down.

Prepare the salad by chopping and adding all your ingredients into a salad bowl, including the pan grilled asparagus and broccoli. Once the duck is ready, carefully remove from the oven and slice the meat off the bone. Serve duck on the bed of salad and drizzle with the duck sauce left in the oven dish.

SERVES [2]

PREP TIME:

10 MINS

COOKING

INGREDIENTS

DUCKS

2 DUCK LEGS OR
DUCK BREAST
WITH SKIN ON
1 TSP ALL PURPOSE
SEASONING
1 TSP CHINESE 5
SPICE
1/2 TSP GARLIC
POWDER
1/2 TSP CHILLI
FLAKES
5 TBSP DARK SOY
SAUCE
2-3 TBSP HONEY
1 TBSP SESAME
SEED OIL
PINCH OF BLACK
PEPPER
PINK HIMALAYAN
SALT

SALAD
WATERCRESS
SALAD LEAVES
MIXED SALAD
LEAVES
POMEGRANATE
WATERMELON
CUCUMBER
ASPARAGUS
TENDERSTEM
BROCCOLI



Photo Credit: Alexis
Adjai

Recipe on pg.
36



Black Pepper and Rosemary Roast Lamb

Stuffed with garlic herbs

SERVES [6-8]
PREP TIME: 15
MINS
COOKING TIME: 45 MINS
LAMB SHOULDER
BLACK PEPPER
CORN
1 RED CHILLI
FRESH PARSLEY
FRESH ROSEMARY
1 GARLIC TO INFUSE
3 GARLIC CLOVES
2 LAMB STOCK CUBES
ONION POWDER
OLIVE OIL



METHOD

Pre-Heat oven: Gas mark 7 or Fan 230°C

Begin by slicing a little incision in the middle of the lamb shoulder. This will be for stuffing the lamb with any extra herbs and garlic.

In a Pestle and Mortar, add the peppercorns, chopped chilli's, chopped parsley, rosemary leaves, chopped garlic, lamb cubes, onion powder, and olive oil. Grind all the ingredients together until peppercorns are crushed and everything is infused into a bitty paste-like form. ²⁵

With your hands, thoroughly rub and massage mixture into the meat, using any extra to stuff the center of the lamb, you can add a few of the rosemary sprigs into the middle also. Wrap the lamb with stirring to keep the stuffing in. Place lamb into an oven dish, cut a whole garlic in half and tuck each half just underneath



Photo Credit: Alexis
Adjai

Photo Credit:
Ponmile Dada

Rinse a bag of baby potatoes and boil for 15-20 minutes. Once boiled, add 1/4 cup of fresh cream, minced garlic, chopped parsley, dried mixed herbs, black pepper, couple pinches of salt and 2 tbsp of butter.

Using a masher, gently crush the potatoes to your desire, then using a spatula mix the potatoes so all the added ingredients are



Lemon Pepper Crispy Fried Wangz

topped with a chilli onion jam

SERVES [4]

PREP TIME:

30 MINS

COOKING TIME: 30

LEMON PEPPER

WANGZ

12 CHICKEN

WINGS

300G PLAIN

FLOUR

1 LEMON

3 TBSP LEMON

PEPPER

PINCH CAYENNE

PEPPER

1 TBSP

HIMALAYAN SALT

CUPS COCONUT

MILK

250ML RAPESEED

OIL

CHILLI ONION

30 JAM

4 SPRING ONIONS

2 RED CHILLI OR

CHILLI FLAKES

2 TBSP AGAVE

NECTAR

SALT N PEPPER

1 GARLIC CLOVE

1/2 TSP PLAIN

FLOUR

4 TSP WATER

METHOD

Pre-Heat oven: Gas mark 7 or
Fan 230°C

To create your chicken coating,
in a large mixing bowl, add the
flour, lemon pepper, cayenne
pepper, Himalayan salt and
about a pinch of finely grated
lemon zest and mix together.

In another bowl, add the
coconut milk and squeeze in
half a lemon. Now take one of
the chicken wings, dipping it
first into the milk, then coating it
with the flour mix, then back
into the milk again and finally
back into the flour. Repeat
these steps for each wing for a
crispy coating.

Once all wings are coated, set
aside and in a deep pan heat
up the 250g of rapeseed oil. To
test the heat of the oil, drop in a
grain of rice, if it floats to the
top and starts cooking, you can
add your wings. Fry each side
till golden brown and then
place onto a grilling oven rack.
Once you have successfully
fried your wings, place into the
oven for an extra 10 minutes to
cook through.

For your chilli onion jam, in a
saucepan, a few drops of
rapeseed oil and heat up. Then





Roasted Butternut Squash, Carrot & Sweet Potato Soup



SERVES [6]

PREP TIME: 10

MINS

COOKING

TIME: 10 MINS

SQUASH

6 CARROTS

2 LARGE SWEET

POTATOES

DRIED MIXED

HERBS

CRUSHED BLACK

PEPPER

SEA SALT

2 GARLIC CLOVES

4 TBSP FRESH

DOUBLE CREAM

1/4 CUP MELTED

VEGETABLE STOCK

OLIVE OIL

METHOD

Pre-Heat oven: Gas mark 7 or Fan 230°C

Start by peeling and cutting the veg. Spread baking paper on an oven tray and add your chopped veg. Season with a pinch of mixed herbs, black pepper and salt. Add the two garlic cloves unpeeled into the tray, then finally drizzle some olive oil over the top of the veg. Bake for 30

Creamy Pesto & Spinach Mac n Cheese

SERVES [6]

PREP TIME: 15

MINS

COOKING TIME: 15 MINS

INGREDIENTS

150G MACARONI

PASTA

1 TBSP

MASCARPONE

1 CUP SINGLE

FRESH CREAM

2 HANDFUL OF

MILD GRATED

CHEESE

2 CUP PARMESAN

CHEESE

1 GARLIC CLOVE

3 TBSP PESTO

1 HANDUL OF BABY

SPINACH

1/2 TSP DRY MIXED

HERBS

FRESH PARSLEY

1/4 TSP BLACK

METHOD

Pre-Heat oven: Gas mark 7
or Fan 230°C

In a large pot, boil pasta for
8-12 minutes.

In a saucepan, add the fresh
cream and mascarpone and
place on a medium to high
heat. Once mascarpone has
melted, season with salt and
pepper, dry mixed herbs,
freshly chopped parsley and
minced garlic clove. Stir for 1
minute.

Next, add your cheeses and
stir in till they melt and the
mixture turns into a thick,
creamy cheese sauce. Once
at the desired thickness, take
it off the heat and set aside.
Once pasta is ready, drain
thoroughly and set aside in

Thank you for
downloading
my recipe e-
book.

Follow me:



LexLdn



LexLdn



AlexisAdjei